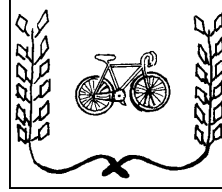


**CYCLIST**  
**INTEREST BADGE**


Date Passed

Signed

1. Clean and adjust a bicycle. Prepare it for inspection using a prescribed bicycle safety checklist. Ensure that it meets local legal requirements. \_\_\_\_\_ 1
2. Show your bicycle to the examiner for inspection. Point out the adjustments or repairs you have made. Do the following:
  - a) Point out all points that need oiling regularly.
  - b) Show the points that should be checked regularly to make sure the bicycle is safe to ride.
  - c) Show how to adjust chain tension, brakes, seat level and height of the handlebars and the derailleur gear (if fitted).
  - d) Show your ability to replace spokes and straighten a wheel rim.
  - e) Show your ability to clean and replace all bearings. \_\_\_\_\_ 2
3. Mend a puncture or replace a tubeless tyre. \_\_\_\_\_ 3
4. Show a good knowledge of traffic rules, traffic signals and road signs, in discussion with the examiner and demonstrate that you know the bicycle safety code. Demonstrate the correct hand signals. \_\_\_\_\_ 4
5. Demonstrate proper mounting, pedalling and braking (including emergency stops). \_\_\_\_\_ 5
6. Plot on a road map a 100 km cycle trip which does not involve main roads. Using your map, complete the ride in 5 hours with at least two other cyclists.

**OR**

 Produce evidence that you have participated in at least three cycle races/meetings where the shortest distance ridden is not less than 25 km \_\_\_\_\_ 6